

Department of the Army
Pamphlet 600-63-1

Personnel—General

Fit To Win

Headquarters
Department of the Army
Washington, DC
1 July 1987

UNCLASSIFIED

SUMMARY of CHANGE

DA PAM 600-63-1

Fit To Win

Not applicable.

o

o

Personnel—General

Fit To Win

By Order of the Secretary of the Army:

Army electronic publishing database. No content has been changed.

CARL E. VUONO

*General, United States Army
Chief of Staff*

Summary. Not applicable.

Applicability. Not applicable.

Official:

R. L. DILWORTH

*Brigadier General, United States Army
The Adjutant General*

Proponent and exception authority.
Not applicable.

Suggested Improvements. Not applicable.

Distribution. Not applicable.

History. This publication has been reorganized to make it compatible with the

Contents (Listed by paragraph and page number)

Fit To Win. • 1, *page 1*

Army Health Fitness in the 21st Century. • 2, *page 1*

Making Healthy Lifestyle Changes. • 3, *page 2*

The Accession Stage. • 4, *page 3*

The Assessment Stage. • 5, *page 4*

The Education Stage. • 6, *page 5*

For the Participant. • 7, *page 6*

For the Commander. • 8, *page 6*

Figure List

Figure 1: Fit To Win, *page 1*

Figure 2: Army Health Fitness in the 21st Century, *page 2*

Figure 3: Making Healthy Lifestyle Changes, *page 3*

Figure 4: The Accession Stage, *page 4*

Figure 5: The Assessment Stage, *page 4*

Figure 6: The Education Stage, *page 5*

Figure 7: For the Participant, *page 6*

Figure 8: For the Commander, *page 7*

1. Fit To Win.

a. The ancient ideal of a sound mind in a sound body is important to our modern Army. The mission of the Army is to deter any attack upon U.S. interests and if deterrence fails, to engage and defeat any enemy in any environment. When we add these together we find a requirement to be physically, emotionally, and spiritually fit.

b. Basic combat training stresses the belief in physical fitness as the foremost objective from the first day. It is imperative for Army personnel to remain physically fit in order to excel under the rigors of combat. In studies conducted since World War II, the evidence is conclusive that physically fit individuals have greater endurance, do not tire as easily, tend to heal from their wounds faster, and perform better under stress than those individuals who are not “in shape”.



Figure 1. Fit To Win

2. Army Health Fitness in the 21st Century.

a. Units In the field, by and large, have active fitness programs centered around group physical conditioning and weight control. Headquarters and various other installation support units constitute approximately two-thirds of the Army. They structure their efforts around health fitness programs.

b. The place of duty is the ideal setting for fitness activities since soldiers and Army civilians spend a considerable portion of their day in the work place.

c. The Army has conducted various work site health fitness programs at the Pentagon, Army War College, and Sergeants Major Academy. Participants were given health risk assessments, individual health and exercise prescriptions, and targeted health education classes. The programs have been so popular and well received that the Army's leaders have decided to expand the program and package it to benefit the Total Army Family (active duty, Army civilians, spouses, children, retirees, ARNG, and USAR).



Figure 2. Army Health Fitness in the 21st Century

3. Making Healthy Lifestyle Changes.

a. Attempting to improve the health of approximately 6 million people may seem ambitious. Yet the Army's mission depends on soldiers physically, mentally, and spiritually fit and ready to defend our nation. The health and fitness of the civilians and family members who support the active duty, Reserve, and National Guard soldiers are of equal importance.

b. Through the support of our community of friends and family, the goal of healthier lifestyles can be achieved.



Figure 3. Making Healthy Lifestyle Changes

c. Fit to Win, the Army's Health Fitness Program, helps members of the Total Army Family reduce their health risks and increase their emotional and spiritual well being. Many factors affect a person's health including family history, environment, and the quality of health care available. Most important, however, is lifestyle. These are behaviors under an individual's control which affect health. The program presumes and reinforces the idea that each person is ultimately responsible for his or her own health.

4. The Accession Stage.

The first step is joining the Fit to Win Program at your installation. This is done through a Health Risk Assessment that you will receive when moving from one post to another, in conjunction with your periodic physical examinations, or upon unit or self referral.



Figure 4. The Accession Stage

5. The Assessment Stage.

Next, recommendations for lifestyle changes based on the individual health risk assessment are determined. This assessment is based on health history, current lifestyle habits, blood analysis, and vital sign measurements (blood pressure, resting pulse, and height/weight). The laboratory and vital sign data are combined with the personal health risk data into a computer-generated report. Individual printouts provide recommendations, as to which lifestyle changes should be made to improve health.



Figure 5. The Assessment Stage

6. The Education Stage.

a. The major focus of the education phase is on helping change behavior to satisfy health management needs such as—choosing peach or pear instead of a donut, walking stairs instead of using elevators, preventing stressful condition instead of just enduring them.

b. The choice of health education activities include:

- Physical Fitness
- Weight Control/Nutrition
- Antitobacco Use
- Stress Management
- Early Identification of Hypertension
- Alcohol and Substance Abuse Prevention
- Spiritual Fitness



Figure 6. The Education Stage

7. For the Participant.

Fit to Win offers participants the opportunity for improved self-image through:

- Healthier Lifestyle
- Greater Self-confidence
- Greater Job Satisfaction
- Improved Physical Image
- Greater Stamina and Energy
- Less Fatigue
- Greater Ability to Handle Stress
- Reduced Dependence on Tobacco and Alcohol



Figure 7. For the Participant

8. For the Commander.

Fit to Win allows commanders to positively affect their units' missions and contribute to the success of the Total Army through:

- Less Training Time Lost
- Lower Health Care Costs
- Fewer Sick Calls
- More Productive Training
- Greater Strength and Stamina
- Higher Esprit de Corps
- Fulfillment of Army Leadership Goals
- Reinforcement of Army Values
- Support of Army Family Fitness Program



Figure 8. For the Commander

UNCLASSIFIED

PIN 062335-000

USAPA

ELECTRONIC PUBLISHING SYSTEM

OneCol FORMATTER .WIN32 Version 164

PIN: 062335-000

DATE: 10-17-01

TIME: 09:04:32

PAGES SET: 11

DATA FILE: C:\WINCOMP\p600-63-1.fil

DOCUMENT: DA PAM 600-63-1

DOC STATUS: NEW PUBLICATION